

**MONEY SAVING MEALS;  
PART 2**



**about MONEY SAVING MEALS;  
PART 2 . . .**

*It's a great old standby — a pound (sorry, 500 g) of minced steak! You can transform it into meat loaves, hamburgers, casseroles, savory mince — there seems no end to marvellous ways with mince! And we've transformed other low-cost food items into great recipes your family will enjoy.*

*Ellen Sinclair*

Ellen Sinclair, Food Editor  
Australian Women's Weekly

**SPECIAL EDITION**  
**MONEY-SAVING MEALS: (PART 2)**  
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## HOW TO MAKE MAGIC BUTTER

Double your supply of butter or margarine (polyunsaturated included) by making a creamy spread that is ideal for sandwiches. It is called Magic Butter. Do not use this butter in place of fully constituted butter or margarine in recipes for cakes, biscuits etc.

But, if you have cut lunches to prepare, you'll find this butter a wonderful help where economy is concerned. Butter and margarine will double in weight after beating; that is 250 g (8 oz.) butter will be extended to 500 g (1 lb).

Butter should be at room temperature. Place 250 g (8 oz.) butter or margarine in small basin of electric mixer, beat on medium speed until soft; have ready  $\frac{1}{2}$  cup cold water and  $\frac{1}{2}$  cup hot water. Gradually add a little of each to the butter while beating. Add about a teaspoon of hot then a teaspoon of cold water, continue in this manner until all the water is used. Do not add water too quickly or butter will not absorb the liquid.

If the butter is to be kept, cover and refrigerate. Allow to return to room temperature before beating again to creamy consistency. If butter (not polyunsaturated margarine) is beaten while it is cold, the water will separate from the butter. If this happens, allow to come to room temperature, then beat on electric mixer until creamy again.

Photography by Russell Brooks



**PEA SOUP****PEA SOUP**

<b>250 g (8 oz.) green split peas</b>	<b>salt, pepper</b>
<b>1 onion</b>	<b>2 tablespoons chopped mint</b>
<b>1 carrot</b>	<b>4 slices bread</b>
<b>125 g (4 oz.) bacon pieces</b>	<b>45 g (1½ oz.) butter</b>
<b>1½ litres (6 cups) water</b>	

Wash peas well. Put into saucepan with peeled and chopped onion, peeled and chopped carrot and water. Trim fat from bacon pieces, reserve fat, chop bacon roughly, add to pan, bring slowly to boil, skim well. Cover, cook gently until peas are tender, about 2 hours. Push through coarse sieve or blend in blender for a few seconds, return to saucepan, season with salt and pepper. Just before serving, stir in chopped mint. Serve with croutons. To make these, remove crusts from bread, cut into 1 cm (½ in.) cubes. Melt butter in pan with bacon fat, add bread cubes, cook until golden brown, stirring occasionally. Drain on absorbent paper, serve with soup.

**Serves 4 to 6.**

**CHINESE CABBAGE SOUP**

<b>½ medium cabbage</b>	<b>1½ litres (6 cups) water</b>
<b>125 g (4 oz.) butter</b>	<b>3 chicken stock cubes</b>
<b>1 large onion</b>	<b>salt, pepper</b>
<b>3 tablespoons flour</b>	<b>2 tablespoons chopped parsley</b>
<b>2 tablespoons soy sauce</b>	

Shred cabbage finely; peel and finely chop onion. Melt butter in pan, add onion then cabbage to pan, place a greased piece of greaseproof paper on top of cabbage, cover, simmer gently 10 minutes or until cabbage is tender. Check occasionally to make sure cabbage does not catch on bottom of pan. Remove paper, stir in flour, cook 1 minute, gradually stir in water, and crumbled stock cubes. Stir in soy sauce, season with salt and pepper. Simmer gently 15 minutes. Just before serving, stir in chopped parsley.

**Serves 4.**

## CRUMBED FISH WITH MINTED MAYONNAISE



### CRUMBED FISH WITH MINTED MAYONNAISE

500 g (1 lb.) fish fillets

1 cup packaged dry  
breadcrumbs

salt, pepper

½ teaspoon mixed herbs

1 tablespoon chopped parsley  
flour

1 egg

oil for deep frying

Remove skin and bones from fish, cut fish into 2.5 cm (1 in.) cubes. Combine breadcrumbs, salt, pepper, mixed herbs and chopped parsley. Coat fish pieces with flour, dip in beaten egg, coat well with breadcrumb mixture. Deep-fry pieces in hot oil until golden brown. Serve with Minted Mayonnaise Dressing.

### MINTED MAYONNAISE DRESSING

½ cup mayonnaise

½ cucumber

1 tablespoon chopped mint

2 teaspoons lemon juice

Peel cucumber, cut in half lengthways and remove seeds. Chop the cucumber roughly, put in blender with remaining ingredients and then blend until smooth and creamy.

**Serves 2.**



## OLD FASHIONED FISHCAKES



## OLD FASHIONED FISHCAKES

500 g (1 lb.) potatoes	1 medium onion
500 g (1 lb.) fish fillets	salt, pepper
1 cup milk	1 egg
60 g (2 oz.) butter	flour, extra
4 tablespoons flour	2 cups packaged dry breadcrumbs
1 tablespoon chopped parsley	oil for shallow frying

Peel potatoes, boil in salted water until tender, drain. Mash well with fork or potato masher. Remove skin and bones from fish, place fish in pan, add milk, cover, simmer gently 10 minutes or until fish is tender; drain, reserve milk (there should be 1 cup), flake fish. Melt butter in pan, stir in flour, cook 1 minute, remove from heat, stir in reserved milk. Return to heat, stir until sauce boils and thickens. Remove from heat, stir in flaked fish, peeled and grated onion, chopped parsley and mashed potato. Season with salt and pepper. Refrigerate 30 minutes. Divide mixture into 6 equal portions, roll each portion in wet hands to form a round ball, then flatten out slightly. Coat patties in extra flour, then dip in beaten egg, roll in breadcrumbs. Heat oil, add fishcakes, fry gently on both sides until brown. Drain on absorbent paper.

**Serves 4.**

**CURRIED SALMON AND POTATO SLICE****CURRIED SALMON AND POTATO SLICE**

500 g (1 lb.) packet frozen potato gems	2 teaspoons lemon juice
30 g (1 oz.) butter	1 onion
440 g can pink salmon	1 stick celery
60 g (2 oz.) butter, extra	2 tablespoons chopped parsley
2 tablespoons flour	2 eggs
1½ tablespoons curry powder	salt, pepper
1½ cups milk	60 g (2 oz.) cheddar cheese
	paprika

Allow potato gems to thaw. Grease base of 30 cm (12 in.) frypan, add potato gems. Using fork, flatten potato gems slightly so that they cover the frypan base, drizzle with melted butter. Drain salmon, reserve liquid, remove skin and bones; flake salmon, spread over potato base. Chop celery, sprinkle over salmon. Heat extra butter in saucepan, add peeled and chopped onion, cook until transparent. Add curry powder, cook 1 minute. Stir in flour, mix well, remove from heat. Gradually stir in milk and reserved salmon liquid, return to heat, stir until sauce boils and thickens. Reduce heat, simmer gently 2 minutes. Remove from heat, stir in lemon juice and parsley; cool slightly. Stir in lightly beaten eggs, season with salt and pepper; mix well. Pour sauce evenly over salmon in frypan. Sprinkle with grated cheese. Set heat control on number 8 (380 degrees F.) cook uncovered for 10 minutes. Reduce heat to number 6 (320 degrees F.) cook further 5 to 10 minutes until filling is set. Sprinkle with paprika. Cut into squares to serve.

**Serves 6.**



## SOUTHERN FRIED CHICKEN



## SOUTHERN FRIED CHICKEN

750 g (1½ lb.) chicken  
drumsticks  
1 onion  
salt, pepper  
flour  
1 egg

1 cup packaged dry breadcrumbs  
1 teaspoon curry powder  
1 tablespoon chopped parsley  
¼ teaspoon dry mustard  
½ teaspoon mixed herbs  
oil for shallow frying

Put chicken into pan, add peeled and roughly chopped onion and 1 teaspoon salt, cover with cold water, bring to boil, covered, reduce heat, simmer gently 5 minutes, drain; cool. Coat chicken with flour seasoned with salt and pepper. Combine breadcrumbs, curry powder, parsley, mustard and herbs, mix well. Dip chicken into lightly beaten egg, coat with breadcrumb mixture, refrigerate 30 minutes. Heat oil in frying pan, add chicken, cook until golden brown on all sides, approximately 5 minutes, turning occasionally. Drain; serve hot or cold.

**Serves 4.**

## CHICKEN FRICASSEE



## CHICKEN FRICASSEE

- |                                 |                              |
|---------------------------------|------------------------------|
| 1.25 kg (2½ lb.) chicken pieces | 2 chicken stock cubes        |
| 60 g (2 oz.) butter             | 2 carrots                    |
| 2 tablespoons oil               | 2 sticks celery              |
| 4 tablespoons flour             | 1 onion                      |
| 2 cups milk                     | salt, pepper                 |
| 2 cups water                    | 1 tablespoon chopped parsley |

Heat butter and oil in pan. Coat chicken pieces lightly in flour, add to pan, cook until golden brown, turning occasionally. Remove chicken from pan, stir in flour, cook 1 minute, gradually stir in milk and water, add crumbled stock cubes; season with salt and pepper. Stir in peeled and sliced carrots, sliced celery and peeled and chopped onion. Return chicken pieces to pan, cover, simmer gently 45 minutes or until chicken is cooked. Stir in chopped parsley.

**Serves 4.**



## CHICKEN SUPREME



## CHICKEN SUPREME

1.25 kg (2½ lb.) chicken pieces	⅓ cup frozen peas
1 small green pepper	60 g (2 oz.) butter
1 carrot	2 tablespoons flour
1 onion	

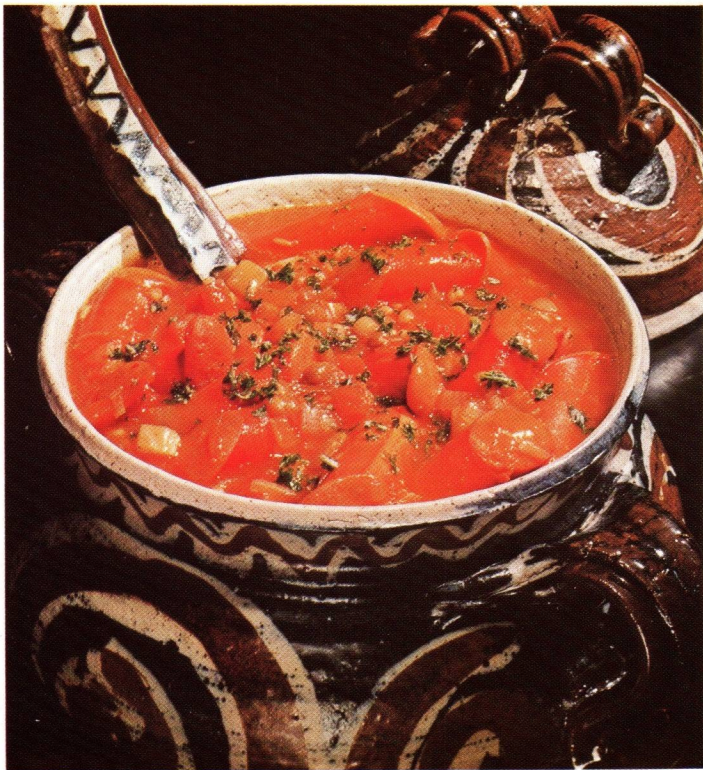
Steam or boil chicken in usual way until tender, remove from heat; reserve 1¾ cups of the chicken stock. Remove skin and bones from chicken meat, cut meat into 2.5 cm (1 in.) pieces.

Cut pepper in half, remove seeds, chop into 1 cm (½ in.) pieces; peel carrot, cut into 1 cm (½ in.) cubes; peel and finely chop onion.

Melt butter in pan, add prepared vegetables, (except peas), cook until just tender. Stir in flour, cook 1 minute, stir in reserved chicken stock, stir until boiling. Add chicken pieces and peas, cover, reduce heat, simmer 5 minutes or until vegetables and chicken are heated through. Serve with hot rice.

**Serves 4.**

## FRANKFURTS WITH VEGETABLES



500 g (1 lb.) frankfurts

2 medium onions

45 g (1½ oz.) butter

440 g can vegetable soup

1 teaspoon soy sauce

pepper

1 cup water

1 tablespoon chopped parsley

Put frankfurts in saucepan, cover with cold water. Bring to boil, reduce heat, simmer gently 5 minutes; drain. Heat butter in pan, add peeled and chopped onions, cook until transparent. Add undiluted soup, soy sauce, pepper and water, bring to boil. Add sliced frankfurts, simmer gently 2 minutes uncovered. Stir in chopped parsley.

**Serves 4.**

## CURRIED SAUSAGES AND RICE

500 g (1 lb.) thick beef or pork

sausages

2 tablespoons oil

½ cup rice

1 onion

2 tablespoons flour

1½ cups water

1 beef stock cube

2 teaspoons curry powder

2 teaspoons lemon juice

1 tablespoon chopped parsley

Cook rice in boiling salted water 12 minutes or until tender, drain. Heat oil in pan, add sausages, cook until golden brown and cooked through. Remove from pan, keep warm. Drain off excess fat from pan, reserving 1 tablespoon in pan. Add peeled and finely chopped onion, cook until onion is tender. Stir in flour, cook 1 minute, gradually stir in water, add crumbled stock cube, curry powder and lemon juice, mix well. Bring sauce to boil, reduce heat, stir in sliced sausages, rice and parsley, simmer 3 minutes. Serve on hot toast.

**Serves 2.**



## DELICATESSEN CROQUETTES



## DELICATESSEN CROQUETTES

250 g (8 oz.) minced steak	salt, pepper
90 g (3 oz.) bacon or bacon pieces	2 slices white bread
125 g (4 oz.) garlic sausage	$\frac{1}{2}$ cup water
60 g (2 oz.) salami	flour
1 onion	1 egg, extra
2 tablespoons chopped parsley	packaged dry breadcrumbs
1 egg	oil for deep-frying

Remove crusts from bread, put bread into basin, add water, let stand 10 minutes; drain, squeeze out excess water with hands. Combine bread, minced steak, finely chopped sausage, finely chopped bacon and salami, peeled and finely chopped onion, parsley, lightly beaten egg, salt and pepper; mix well (or put roughly chopped salami, roughly chopped bacon, roughly chopped sausage, minced steak, peeled and roughly chopped onion, bread, parsley, egg, salt and pepper into food processor and blend until very finely chopped).

Using wet hands, roll heaped tablespoons of mixture into croquette shapes, dust with flour, dip in lightly beaten extra egg, coat in dry breadcrumbs. Deep-fry in hot oil until golden brown and cooked through, 8 to 10 minutes. Do not have oil over-hot, or croquettes will brown too quickly, before they are cooked through.

### RISSOLES

The mixture may also be made into rissole shapes and shallow-fried in a frypan. Roll tablespoonfuls of mixture into balls, flatten slightly, dust with flour, dip in lightly beaten egg, coat in dry breadcrumbs, shallow fry in hot oil until golden and cooked through, approximately 10 minutes.

**Makes approximately 12.**

## MINTED LAMB WITH VEGETABLES



## MINTED LAMB WITH VEGETABLES

- |                                 |                            |
|---------------------------------|----------------------------|
| 2 kg (4 lb.) forequarter lamb   | 90 g (3 oz.) butter, extra |
| 2 cups fresh breadcrumbs        | 1 tablespoon oil           |
| ¼ cup chopped mint              | 1 clove garlic             |
| 1 onion                         | ¼ cup lemon juice          |
| 1 teaspoon rosemary or basil    | 4 potatoes                 |
| 30 g (1 oz.) butter             | 6 small onions, extra      |
| 1 egg                           | 2 carrots                  |
| 1 teaspoon worcestershire sauce |                            |

Ask butcher to bone the forequarter. Put breadcrumbs, mint, peeled and chopped onion and rosemary in bowl, add melted butter, beaten egg and worcestershire sauce; mix well. Spread lamb out on board, skin side down. Press prepared stuffing over lamb to 2.5 cm (1 in.) from edges. Roll up tightly; tie securely with string. Heat extra butter and oil in baking dish, add crushed garlic, lemon juice and lamb. Bake in moderate oven 1 hour basting meat frequently with pan juices. Meanwhile peel and halve potatoes, peel extra onions, peel and halve carrots. Cook vegetables in boiling salted water 15 minutes or until just tender, drain. Remove pan from oven, arrange drained vegetables around meat, cook further 1½ hours or until potatoes and meat are cooked. Remove lamb and vegetables from pan, keep warm.

### GRAVY

Drain excess fat from pan, leaving ¼ cup of fat in pan; add 2 tablespoons flour, cook until golden brown. Add 1¼ cups water, 1 crumbled beef stock cube, 1 tablespoon dry sherry and 1 tablespoon brown vinegar, stir until sauce boils and thickens, reduce heat, simmer 3 minutes. Season with salt and pepper.

**Serves 6.**



## VEGETABLE PATTIES



## VEGETABLE PATTIES

2 medium potatoes  
1 carrot  
2 sticks celery  
2 small onions  
500 g (1 lb.) minced steak  
½ cup packaged dry  
breadcrumbs

1 tablespoon tomato sauce  
2 tablespoons chopped parsley  
2 teaspoons curry powder  
1 egg  
salt, pepper  
flour  
oil for shallow frying

Peel potatoes and carrot; chop potatoes, carrot and celery. Peel and roughly chop one onion. Cook prepared vegetables in boiling salted water until tender; drain and mash well. Peel and finely chop remaining onion, mix well with mashed vegetables, minced steak, breadcrumbs, tomato sauce, parsley, curry powder, lightly beaten egg; season with salt and pepper. Shape into 6 patties. Coat in flour, shallow fry in hot oil until well browned and cooked through, approximately 20 minutes. Turn occasionally.

**Makes 6 patties.**

## PEPPERED BEEF PUFFS



## PEPPERED BEEF PUFFS

1 kg (2 lb.) minced steak  
3 eggs  
½ cup packaged dry  
    breadcrumbs  
6 shallots or 1 onion  
salt, pepper

black pepper  
60 g (2 oz.) butter  
2 x 500 g (1 lb.) packets  
    puff pastry  
1 egg-yolk  
1 tablespoon water

Put meat, eggs, breadcrumbs, finely chopped shallots or onion, salt and pepper into bowl; mix well. Divide mixture into 6 equal portions. Shape into small loaves. Grind black pepper over loaves, pressing in lightly. Heat butter in frying pan, cook loaves on all sides until golden brown, remove from pan, cool. Cut each piece of pastry in quarters. Roll each quarter to 23 cm x 20 cm (9 in. x 8 in.) rectangle, trim edges. Put cold meat loaf into centre of each pastry strip, brush edges of pastry with combined egg-yolk and water, roll up and secure ends firmly. Decorate top with thin strips of left-over pastry. Put on lightly greased oven tray, seam side down. Brush each loaf with egg-yolk mixture. Bake in hot oven 10 minutes, reduce heat to moderate, cook further 20 minutes or until golden brown. Serve sauce separately.

## MUSHROOM SAUCE

Heat 60 g (2 oz.) butter in pan. Add 125 g (4 oz.) finely sliced mushrooms, cook until mushrooms are just tender. Stir in 2 tablespoons flour, cook 1 minute. Gradually stir in 1½ cups water, add one crumbled beef stock cube and 2 tablespoons tomato paste. Season with salt and pepper.

**Serves 6.**



## SICILIAN SPAGHETTI



## SICILIAN SPAGHETTI

250 g (8 oz.) spaghetti

3 large eggplants

1½ cups oil

1 large onion

2 cloves garlic

salt, pepper

90 g (3 oz.) cheddar cheese

500 g (1 lb.) minced steak

470 g can whole tomatoes

½ teaspoon oregano

2 tablespoons tomato paste

4 tablespoons packaged dry

breadcrumbs

chopped parsley

Cook spaghetti in boiling salted water for 10 to 12 minutes or until tender, drain, cool.

Slice eggplants very thinly, about 5 mm (¼ in.) thick. Fry in hot oil until golden brown; remove from pan, drain well. (Eggplant absorbs a lot of oil; after eggplant slices are cooked there should be only about 1 to 2 tablespoons of oil remaining in pan. If there is more, drain off excess oil.)

Peel and chop onion, add to pan with crushed garlic, cook until transparent. Add minced steak, stir constantly until meat changes colour; drain off any surplus fat. Add undrained mashed tomatoes, tomato paste, oregano, salt and pepper. Simmer, uncovered, until liquid is reduced by half and meat is cooked.

In large bowl combine spaghetti, meat sauce and grated cheese. Grease deep 23 cm (9 in.) round cake tin, sprinkle with half the breadcrumbs, covering sides and base of tin. Arrange eggplant slices over sides and base to line tin completely. Fill with spaghetti mixture, top with eggplant slices, sprinkle with remaining breadcrumbs. Bake in moderate oven 20 to 25 minutes. Stand 5 minutes in tin, then carefully turn out on to serving plate, sprinkle with chopped parsley.

**Serves 6.**

## HAMBURGER TERIYAKI



## HAMBURGER TERIYAKI

750 g (1½ lb.) minced steak	470 g can pineapple rings
1 small onion	60 g (2 oz.) butter
1 clove garlic	2 tablespoons oil
1 egg	tomato slices
salt, pepper	shredded lettuce
2.5 cm (1 in.) piece green ginger	3 round bread rolls
1½ tablespoons soy sauce	

Combine minced steak, finely chopped onion, crushed garlic, egg, salt, pepper, grated green ginger and soy sauce in bowl. Mix well until the mixture is a thick paste. Shape into 6 hamburgers. Heat butter and oil, add hamburgers, cook until golden brown on both sides and cooked through, approximately 10 minutes. Remove from pan, keep warm. Add drained pineapple rings to pan, cook until heated through in pan juices. Split buns in half, toast one side of each, butter. Arrange shredded lettuce on each bun half, top with tomato slices, then place hamburger on top with hot pineapple ring.

**Serves 6.**



**CHILLI TACOS****CHILLI TACOS**

142 g packet taco shells

90 g (3 oz.) cheddar cheese

**FILLING**

500 g (1 lb.) minced steak

salt, pepper

1 tablespoon oil

 $\frac{1}{4}$  teaspoon chilli powder

3 tablespoons tomato paste

1 teaspoon paprika

1 beef stock cube

310 g can kidney beans

1 cup water

**TOPPING**

3 tomatoes

30 g (1 oz.) butter

2 onions

Remove taco shells from the packet, put on oven tray and put in moderate oven 10 minutes. Stand taco shells up, side by side, in an 18 cm x 28 cm (7 in. x 11 in.) lamington tin. Spoon meat mixture evenly into each shell, spoon topping over meat mixture, sprinkle grated cheese over each taco. Put tacos in hot oven 10 minutes, or until cheese is golden.

**FILLING**

Heat oil in large frying pan, add steak, brown well, pour off any surplus fat. Add tomato paste, crumbled stock cube, water, salt, pepper, chilli powder and paprika, mix well. Bring to boil, reduce heat, simmer uncovered 15 minutes, stirring occasionally. Add drained, rinsed beans, simmer covered further 5 minutes.

**TOPPING**

Skin tomatoes, chop tomatoes roughly. Heat butter in frying pan, add peeled and chopped onion, cook 1 minute, add tomatoes, cook further 1 minute.

**Makes 12 tacos.**

**MEAT AND POTATO CASSEROLE****MEAT AND POTATO CASSEROLE**

750 g (1½ lb.) potatoes

300 g can sweet corn niblets

⅓ cup milk

30 g (1 oz.) butter

1 tablespoon chopped parsley

salt, pepper

1 egg

60 g (2 oz.) cheddar cheese

**FILLING**

1 tablespoon oil

1 onion

1 clove garlic

500 g (1 lb.) minced steak

¼ teaspoon oregano

470 g can whole peeled tomatoes

¼ cup tomato sauce

Peel potatoes, put into boiling salted water, cook approximately 20 minutes or until potatoes are tender. Drain, mash well. Add milk and butter to potatoes, beat until creamy. Stir in drained corn, parsley, salt, pepper and lightly beaten egg, mix well. Spread half potato mixture evenly over base of shallow ovenproof dish, sprinkle with half the grated cheese, spoon meat mixture evenly over potato layer. Spread remaining potato mixture over meat, sprinkle with remaining cheese. Bake in moderate oven 30 minutes or until golden brown.

**FILLING**

Heat oil in pan, add peeled and chopped onion, crushed garlic and minced steak, cook until dark golden brown, mashing meat well; drain off any surplus fat. Add oregano, undrained mashed tomatoes and tomato sauce, stir until combined. Bring to boil, reduce heat, simmer covered 15 to 20 minutes. Remove lid, continue to cook further 5 minutes or until mixture is thick.

**Serves 6.**



**POT ROAST MEAT LOAF****POT ROAST MEAT LOAF**

750 g (1½ lb.) minced steak	30 g (1 oz.) butter
1 onion	2 tablespoons flour
½ teaspoon mixed herbs	455 g can tomato soup
salt, pepper	2 tablespoons tomato paste
2 tablespoons tomato sauce	2 cups water
2 eggs	salt, pepper
½ cup packaged dry breadcrumbs	2 potatoes
3 tablespoons oil	4 onions
	2 carrots

Combine minced steak, peeled and finely chopped onion, mixed herbs, salt, pepper, tomato sauce, eggs and breadcrumbs; mix well. Shape mixture into loaf shape. Heat butter and oil in large frying pan, add meat loaf, brown well on all sides, remove from pan and put into large saucepan. Add flour to frying pan, stir until smooth and well browned, add tomato soup, tomato paste and water, stir until sauce comes to the boil, reduce heat, add salt and pepper. Pour sauce over meat loaf, bring to boil, reduce heat, simmer covered 30 minutes. Peel potatoes, cut into quarters; peel carrots, slice thickly; peel onions, cut into quarters. Add vegetables to pan, simmer covered 40 to 50 minutes or until vegetables are tender.

**Serves 4.**

**TUNA-NOODLE CASSEROLE****TUNA-NOODLE CASSEROLE**

250 g (8 oz.) fine egg noodles	1 onion
½ cup oil	3 sticks celery
425 g can tuna	1 tablespoon lemon juice
440 g can cream of celery soup	salt, pepper
½ cup water	

Heat half the oil in large frying pan, add half the egg noodles, cook gently until golden brown; remove from pan, drain on absorbent paper. Repeat with remaining oil and noodles. Remove oil from pan, leaving 1 tablespoon oil in pan. Add peeled and chopped onion, cook until transparent. Add sliced celery to pan, cook 2 minutes, stirring occasionally. Remove from heat, stir in undiluted soup, water, lemon juice, drained and flaked tuna, salt and pepper; mix well. Add half the noodles; mix well. Place in greased ovenproof dish; bake uncovered, in moderate oven 30 minutes, remove from oven, top with remaining noodles, continue to bake further 10 minutes.

**Serves 4 to 6.**



## MEAT AND SPAGHETTI CASSEROLE



## MEAT AND SPAGHETTI CASSEROLE

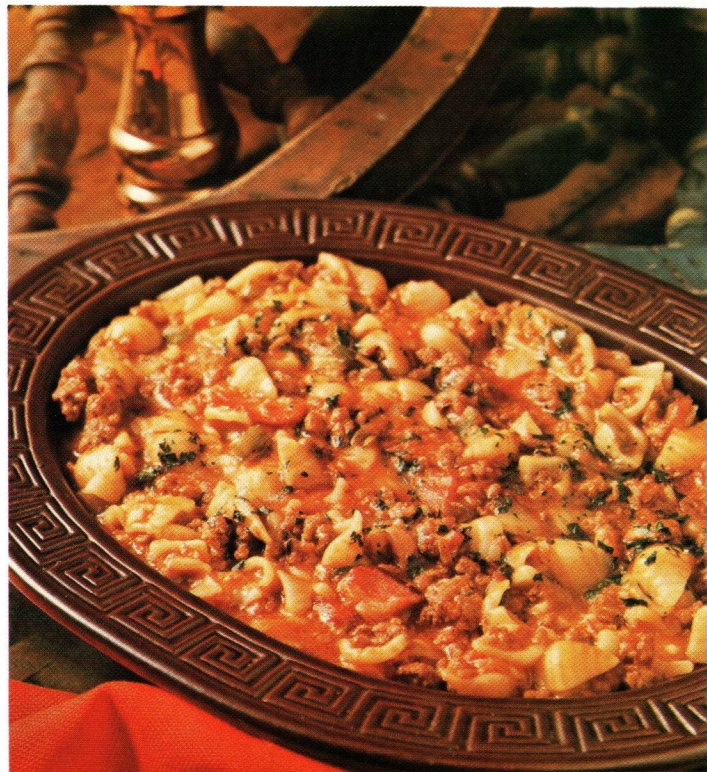
1 kg ( 2 lb.) minced steak  
2 onions  
2 tablespoons oil  
1 teaspoon curry powder  
salt, pepper

455 g can tomato soup  
440 g can spaghetti in  
tomato sauce  
1 tablespoon chopped parsley  
¼ cup water

Heat oil in large frying pan, add steak, cook over heat until golden brown, mashing meat well with wooden spoon. Add peeled and chopped onions, cook further two minutes. Pour off any surplus fat. Add curry powder, salt and pepper, cook 1 minute. Stir in water, undiluted soup and spaghetti, mix well. Bring to boil, reduce heat, simmer gently, covered, 30 minutes. Stir in chopped parsley.

**Serves 4 to 6.**

## BEEF MACARONI



## BEEF MACARONI

- |                              |                       |
|------------------------------|-----------------------|
| 185 g (6 oz.) small macaroni | 470 g can tomato soup |
| 2 onions                     | 1½ cups water         |
| 1 small green pepper         | 1 beef stock cube     |
| 125 g (4 oz.) bacon pieces   | salt, pepper          |
| 500 g (1 lb.) minced steak   |                       |

Gradually add macaroni to large saucepan of boiling salted water, boil rapidly, uncovered 10 to 15 minutes or until tender; drain. Peel and chop onions; seed and chop pepper; chop bacon pieces. Saute bacon pieces in large pan until cooked, add onion and pepper, cook further 2 minutes. Add meat, stir constantly until well browned. Add undiluted soup, water, crumbled stock cube, salt and pepper. Cover pan, simmer 20 minutes. Add macaroni, heat through.

**Serves 6.**

## SAVOURY NECK CHOPS

- |                           |                               |
|---------------------------|-------------------------------|
| 750 g (1½ lb.) neck chops | ½ cup cornflour               |
| 1 large onion             | 3 tablespoons water, extra    |
| 1 carrot                  | 2 tablespoons chopped parsley |
| 2 sticks celery           | salt, pepper                  |
| 1¼ litres (5 cups) water  |                               |

Remove any fat or gristle from chops, place chops in pan. Add peeled and sliced onion, peeled and sliced carrot, sliced celery and water. Bring to boil, reduce heat, cover, simmer gently on low heat for 2 hours or until chops are very tender. Combine cornflour and extra water, add to pan, stir until sauce boils and thickens. Stir in chopped parsley, season with salt and pepper.

**Serves 4.**



## BUBBLE AND SQUEAK



## BUBBLE AND SQUEAK

This used to be a standard item on many English breakfast (and sometimes dinner) tables. It is just a mixture of vegetables fried on both sides until crisp. The name comes from the fact that the vegetables are first boiled (when they "bubble") and then fried (when they "squeak").

It is a great way of using up left-over vegetables, or you can cook extra vegetables the night before for Bubble and Squeak the next day. Potatoes are an important part of the mixture; they help bind it together.

If you're starting off to make Bubble and Squeak as a dish on its own (without using left-over vegetables), here's a good combination.

**500 g (1 lb.) potatoes**

**250 g (8 oz.) pumpkin**

**¼ small cabbage**

**1 onion**

**1 carrot**

**½ cup shelled peas**

**salt, pepper**

**3 tablespoons oil**

Peel potatoes, chop roughly; peel pumpkin, cut into 1 cm (½ in.) cubes; shred cabbage; peel onion, chop finely; peel carrot, chop finely. Boil potatoes separately until tender, mash well, allow to become cold. The other vegetables can all be boiled together in the one saucepan until tender, but add the cabbage during the last 10 minutes of cooking time. Drain vegetables well, let stand in colander until cold. (If vegetables are hot when cooking Bubble and Squeak, mixture will not be firm.) Combine all vegetables in bowl with salt and pepper, mix well. (There's no need to mash the pumpkin and carrot; they're better in chunky pieces.) Heat oil in large frying pan; when hot, add vegetable mixture, spread out to edges of frying pan with a fork, cook approximately 3 minutes or until golden brown underneath. Cut into wedges, turn wedges over with spatula, cook another 3 minutes on the other side or until Bubble and Squeak is golden brown.

**Serves 6 to 8.**

**LEMON-CREAM PANCAKES****LEMON-CREAM PANCAKES****PANCAKES**

1 cup plain flour  
1 tablespoon sugar  
1½ cups milk  
pinch salt

1 egg  
oil for frying  
extra sugar

**FILLING**

1 cup milk  
2 tablespoons sugar  
½ cup cream

2 tablespoons custard powder  
1½ tablespoons lemon juice

**PANCAKES**

Put egg into bowl, add sugar and salt and half the milk, mix well. Gradually stir in sifted flour and remainder of milk. Mix well until smooth. Heat pan, grease well, pour in just enough batter to cover bottom of pan. Cook over medium heat until light golden brown, remove from pan. (Cook only on one side.) Repeat with remaining batter. Put a tablespoon of filling on to the cooked side of each pancake, fold into envelope shape, brushing the last fold with some of the pancake batter to hold it. Just before serving, drop pancakes, one or two at a time, into deep, hot oil. Cook a few minutes until crisp and golden; drain well. Sprinkle with a little extra sugar.

**FILLING**

Combine milk, sugar and custard powder in saucepan. Stir until boiling. Remove from heat, leave until cold. Fold in whipped cream, then lemon juice.

**Makes filling for approximately 10 pancakes.**



**PEACH AND APPLE CRUMBLE****PEACH AND APPLE CRUMBLE**

425 g can pie peaches

2 large cooking apples

 $\frac{1}{4}$  cup sugar

2 tablespoons lemon juice

2 cups cornflakes

 $1\frac{1}{2}$  cups coconut

125 g (4 oz.) butter

1 cup brown sugar, lightly packed

 $\frac{1}{4}$  cup water

Put peaches in saucepan with peeled, cored and thinly sliced apples, sugar and lemon juice, stir over medium heat until sugar is dissolved, bring to boil, reduce heat, simmer covered 10 minutes. Spoon peach mixture into ovenproof dish. Combine lightly crushed cornflakes and coconut in bowl. Put butter and brown sugar in saucepan, stir over low heat until butter melts and mixture becomes thick, add water, mix well. Bring to boil, reduce heat, simmer uncovered 5 minutes. Add to cornflake mixture, mix well. Sprinkle crumble mixture over peach mixture. Bake uncovered in moderate oven 15 minutes or until golden brown on top.

**Serves 4.**

**PASSIONFRUIT CUSTARD CREAM****PASSIONFRUIT CUSTARD CREAM****3 cups milk****½ cup sugar****3 eggs, separated****½ cup water****3 tablespoons gelatine****2 passionfruit**

Sprinkle gelatine over water, dissolve over hot water. Combine milk, sugar and egg yolks in top of double saucepan, stir custard constantly over simmering water until mixture will coat spoon and is slightly thickened; remove from heat and from base part of double saucepan. Stand 5 minutes, stir in combined gelatine and water. Pour into large basin. Beat egg whites until soft peaks form, fold lightly into custard with pulp from passionfruit. Pour into lightly oiled or wetted 20 cm (8 in.) baba tin or 28 cm × 18 cm (11 in. × 7 in.) lamington tin, refrigerate several hours or until set.

**Serves 6.****BAKED ORANGE PEARS****425 g can pears****1 tablespoon brown sugar****2 teaspoons grated orange rind****½ cup orange juice**

Drain pears, reserve ¼ cup syrup. Place pears in single layer in ovenproof dish, or place one pear half in four individual serving dishes. Sprinkle with brown sugar and orange rind, top with combined reserved syrup and orange juice. Bake in moderate oven 15 minutes. Serve warm or cold with ice cream.

**Serves 4.**